

### Abstract of the Disclosure

An exercise apparatus has arm driven members and leg driven members which are movably mounted on a frame. In a first mode of operation, the arm driven members are movable relative to the frame and the leg driven members. In a second mode of operation, the arm driven members are linked to the leg driven members and movable together therewith relative to the frame. In a third mode of operation, the arm driven members are locked against movement relative to the frame in a manner which does not interfere with movement of the leg driven members. In a preferred embodiment, the leg driven members are movable in two generally orthogonal directions relative to the frame. The leg driven members may also be interconnected to move in reciprocal fashion in either and/or both of those directions, and/or supported in a manner that provides progressive resistance to downward movement as a function of downward travel.